

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

AUGUST 17, 2007



Marine Corps Air Facility player Adam James watches teammate Jason Zuesch fight for the rebound as 3rd Radio Battalion players Adam Beroligna, 15, and Thomas Bocook, 10, attempt to take the ball from his grasp during an Intramural Basketball League regular season game at the Semper Fit Gym Monday.

3rd Radio falls short of MCAF 2, 57-51

**Story and Photos by
Pfc. Brian A. Marion**

Combat Correspondent

With a scoring spree early in the game, Marine Corps Air Facility 2 was able beat 3rd Radio Battalion, 57-51, during an Intramural Basketball League regular season game at the Semper Fit Gym Monday.

Simon Abundiz, 3rd Radio player, had a game high 22 points.

Both teams were looking forward to a win, but had some reservations.

“We have been on a downward spiral since we lost to MCAF 1,” said James Roberts, MCAF forward. “We need to work more as a team for this game, and step up our defensive intensity in order to come out on top.”

Eduardo Espinoza, 3rd Radio coach, thought his team would’ve had a chance even though they didn’t have their usual numbers.

“We only have five out of the nine players we usually have,” Espinoza said. “We will have to make all the shots we shoot, put pressure on them to cause turnovers and use our speed to win the game.”

An early scoring binge left the players of 3rd Radio down 11-4 within the first few minutes of the game, but they quickly regained their initiative and furiously fought back until they were within a few points of MCAF’s lead.

By the end of the first half, 3rd Radio came within five points of MCAF, leaving the court at halftime 28-23.

The second half became more physical as both teams fought for the lead. As the seconds passed, both teams continued to increase their scores, but 3rd Radio was unable to overcome MCAF’s lead.

As the final buzzer sounded the score was 57-51, but both teams walked off the court proudly.

“I am satisfied with the way we played,” Espinoza said. “We could’ve had more outside defense because we let them shoot too many 3-pointers, but we did well.”

Roberts also had good things to say about 3rd Radio, but he knew they had to focus on the next game.

“It was a good game by both teams,”

See SHORT, C-2

Base Bowling League’s high scores awarded

**Story and Photos by
Pfc. Achilles Tsantarliotis**

Combat Correspondent

Participants with high scores in the Base Bowling League received awards and recognition at the Officers’ Club Monday. Team Ainokea won 1st place, with Ghost Team coming in 2nd and 3 Putts trailing in 3rd.

The ceremony marked the end of the season that ended July 30, with food, drinks, prizes and trophies. The league is intramural, and the results go toward each unit’s Commander’s Cup score, said Debra Bruns, coordinator and manager of the Base Bowling Alley.

Many participants were enthusiastic and appreciative to be rewarded for the sport they’re passionate about.

“I just love bowling,” said Carey Berky, the high scratch game winner (a game without the handicap). “I have been bowling competitively in a league since 1990. I just loved it from the start, even before I was a teenager; it’s a great pastime and you get to meet a lot of people.”

The league includes a handicap for all players. People who bowl 200 or above get about one or two points, Berky said.

Cordell Nixon received the first place award on behalf of Team Ainokea and was enthusiastic about next season.

See BOWL, C-2



Cordell Nixon receives trophies for most games won for Team Ainokea and high individual average on behalf of his mother Melenie, not present, at the Base Bowling League’s end-of-season ceremony Monday at the Officers’ Club.



Sgt. Scott Whittington

The Camp H.M. Smith Raiders run cone drills to warm up during football practice on Bordelon Field Aug. 2. The Raiders have practiced since early July.

Defending champs gear up for football season

Lance Cpl. Ethan Hoaldrige

U.S. Marine Corps Forces, Pacific

MARINE CORPS BASE CAMP H. M. SMITH, Hawaii — August has arrived and brought football season along with it. The Camp H.M. Smith Raiders intramural football team is gearing up for the new season.

While most service members head home at quitting time, the Raiders, playing under head coach Carson Peapealalo, meet on Bordelon Field and practice, just as they have for the past four weeks.

Practice is an essential part of getting the team back up to par, Peapealalo said.

Last year’s hard work paid off, propelling the Warriors to victory in the intramural league championship game.

The Raiders brought back some salty veterans from last season and there are many new faces as well.

“We had a great team last year, and a lot of our defense is returning from last season,” said Brenden Villa’hashimoto, Raiders safety and

defensive captain. “This year we want to improve our passing game, so we can keep our competition’s defense honest against our rushing.”

Peapealalo, who received a tryout with the Dallas Cowboys in 1994, has been Camp Smith’s head football coach for the last three seasons. He and his staff have added a few new routes and runs to the playbook to keep things interesting this year.

“We definitely feel confident in this year’s team,” said Peapealalo, former University of Hawaii offensive lineman from 1992 to 94. “We’re going to take this season one game at a time. We’ve got some challenges ahead, since most of our offense is new to the team.”

Peapealalo got outside help from former University of Hawaii football teammates and put on a football clinic here Aug. 2.

“We wanted to give the team a jump start,” Peapealalo said. “The clinic was focused on the fundamentals. Later we’ll try to hold another

See FOOTBALL, C-2

ONGOING SPORTS BRIEFS

Parents for Fitness

The Parents for Fitness Program is a cooperative baby-sitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of windward Oahu.

Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach is available for overnight camping, but requires a reservation.

Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

Call 265-4283 for appointments.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, call K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, call K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido

Semper Fit Center Group Exercise Programs

- Boot Camp
- Stretch/Flexibility Training
- Core Conditioning
- Cycling
- Cycle Express
- Gut Cut
- Pilates
- Muscle Conditioning
- Step
- Step it Up
- Step Challenge
- Strength and Conditioning
- Water Aerobics



Third Radio Battalion players Jacob Gordon, 20, and Adam Bertoligna, 15, watch teammate Simon Abundiz, 22, shoot the ball. Marine Corps Air Facility players Adam James, 11, Jason Zuesch, 14, James Ro, 9, and Jeff Lemon, 13, play defense Monday during an Intramural Basketball League regular season game.



SHORT, from C-1

Roberts said. “We played as a team, and we were able to

come out with the win. The next game, I think we will come out with more defense in the beginning.”



Jamall Garrett, Marine Corps Air Facility player, prepares to shoot the ball as 3rd Radio Battalion defenders Thomas Bocook, right, Adam Bertoligna, middle, and Jacob Gordon, left, prepare for the rebound. Left: 3rd Radio Battalion player Jacob Gordon shoots for the net as Marine Corps Air Facility players James Roberts, 4, Jason Zuezh, 14, and Adam James, 11, prepare defensively to get the rebound.

FOOTBALL, from C-1

and get a little more advanced with the drills.”

The Marine Corps Community Service Intramural Football League's regular season kicks off early September. The schedule is to be determined.



Robert Harling, Camp H.M. Smith Raider wide receiver, runs through calisthenic drills to warm up during football practice on Bordelon Field Aug. 2.

BOWL, from C-1

“I have been bowling for about seven years and it's the best sport, I think,” Nixon said. “It's both a team effort and an individual and you don't get that with basketball or football. For me it's also a family thing, so I get to enjoy it for more reasons -- even though I'm not as good as my mom, Melenie, who has a higher average.”

The bowling league begins again Sept. 10, with teams already signing up and slots going quick, Bruns said.

“You get to meet new people and the skills range from never bowled before to seasoned veteran,” she said.

For more information, contact Debra Bruns at the Base Bowling Center at 254-7693.



Carey Berky receives her trophy for High Scratch Game during the Base Bowling League end of season award ceremony, Monday, at the Officers' Club.

SPOTLIGHT ON SPORTS

— SPORTS BRIEFS —

Dodgeball Tournament

There is a dodgeball tournament at the Semper Fit Center Saturday from 11 a.m. to 1 p.m. Teams of six are welcome to participate for \$10 per team. Sergeants and below must invite E-6s and above to participate. The first-place team receives prizes.

For more information, contact Jim Cosper at 254-7593.

Health, Wellness and Fitness Fair

MCCS Semper Fit facilities and other wellness vendors will answer health and related questions during this “101 Days of Summer” event at the Semper Fit Center Wednesday from 10 a.m. to 1 p.m. Active duty participants can earn points for their units by attending. The event is open to active duty, family members, retirees and DoD civilians.

For more information, contact Jon Shiota at 254-7597.

Fun Run/Walk

The Fun Run/Walk around Nuupia Ponds takes place Aug. 29 at 8 a.m. The event is the last event of the 101 Days of Summer. You must register by Aug. 28.

For more information, contact Quentin Redmon at 257-3900.

Senior Fit

The Senior Fit/Semper Fit Center, located at Building 3037, will host an eight-week fitness program geared specifically for the older populace. The program, which costs \$30 per person, ends Sept. 7.

For more information, contact Jon Shiota at 254-7597.

Holokiki O’Alele Half Marathon and 5K Races

The Holokiki O'alele Half Marathon and 5K races are Sept. 9 at 6 a.m. in Kailua. The races benefit the Boys & Girls Club of Hawaii Windward Clubhouse, where civilian and military youth are able to go and enjoy a fun, positive atmosphere.

For more information, contact Susan Friedl at 255-7811.

Take a Shot at Hunger

The 36th National Hunting and Fishing day is Sept. 22 and 23 from 10 a.m. to 4 p.m. at the Koko Head Shooting Range. Bring canned food or cash donations for the Hawaii Food Bank.

For more information, contact the Hawaii Hunter Education Program at 587-0200.

Tackle Football

Teams for tackle football are still needed. Interested commands call Joe Au at 254-7597.

Commanders Cup Bowling League

Commanders Cup Bowling League’s first night of bowling is September 10 at 6 p.m. Cost is \$8 per week per bowler plus yearly sanction fee: men \$20 and women \$17. The season runs through April 14, 2008, and the award banquet is May 5, 2008. Teams are mixed foursomes. You must be 18 or over to join, and live or work on Marine Corps Base Hawaii.

Awards are given for team placement as well as individual men and women’s awards. K-Bay Lanes is looking for people who want to have a good time. Grab your co-workers, spouse, next door neighbors or a couple of friends and put a team together.

For more information, call Deborah Bruns, manager, K-Bay Lanes, at 254-7664.

Women’s Softball

The Women’s Softball team meets every Thursday at 6 p.m. at Annex Field. The team is still looking for players.

For more information, call Joe Au at 254-7597.

Varsity Basketball Coaches

Varsity Men’s and Women’s Basketball coaches are needed. Applications are being accepted.

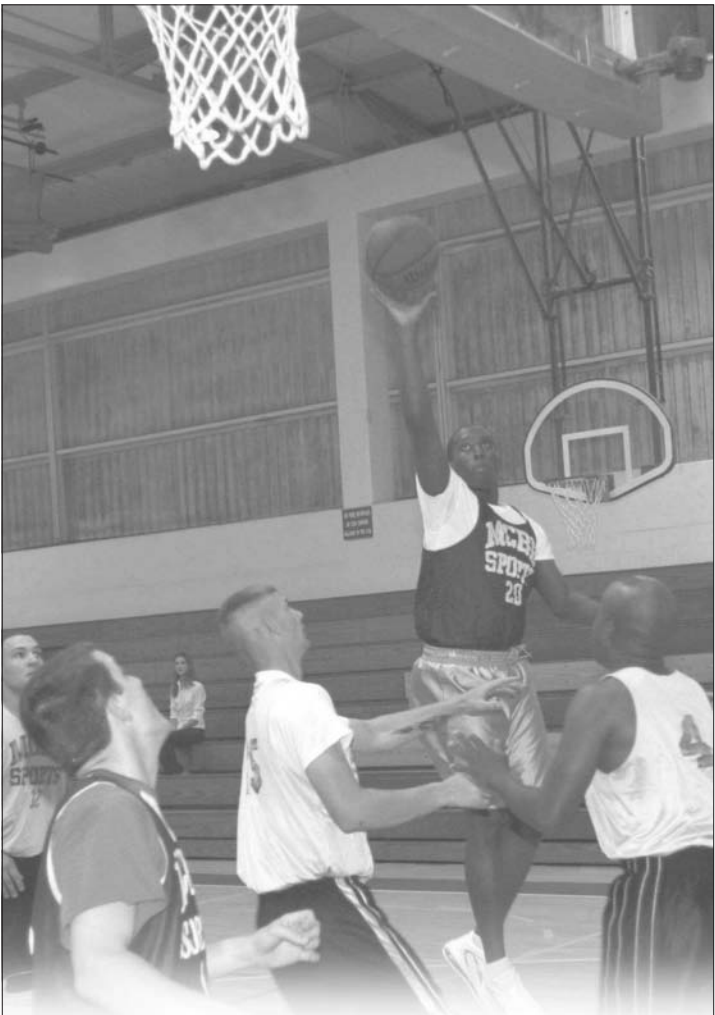
For more information, call Joe Au at 254-7597.

All-Marine Golf

The All-Marine Golf Team is accepting applications for qualified players. Qualified men must have a handicap of four or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.

The following are the dates and locations of the tournaments:

All-Marine	(Sept. 14-20)	MCB Lejeune, N.C.
Armed Forces	(Sept. 21-27)	NAS Oceana, Va.
CISM	(Sept. 30 - Oct. 6)	Pretoria, South Africa



2007 Intramural Basketball Standings

TEAM	WINS	LOSSES
TERROR SQUAD	6	1
MESS HALL	5	1
3RD MARINE REGIMENT	4	1
HSL-37	3	1
CAMP SMITH	5	2
MCAF 1	4	2
VP-4	3	3
MALS-24	3	3
IPAC	2	3
MCAF 2	2	4
VP-9	1	5
CSSG-3	1	5
3RD RADIO BN	0	6

Standings as of August 13

Upcoming Intramural Basketball Schedule

August 17 6 p.m. 7 p.m. 8 p.m.	3RD RADIO BN vs IPAC CSSG-3 vs MCAF 1 VP-4 vs VP-9
August 20 6 p.m. 7 p.m. 8 p.m.	VP-9 vs MCAF 2 3RD MAR REG vs CAMP SMITH 3RD RADIO BN vs HSL-37
August 21 6 p.m. 7 p.m. 8 p.m.	MALS-24 vs IPAC VP-4 vs MCAF 1 CSSG-3 vs TERROR SQUAD
August 22 6 p.m. 7 p.m. 8 p.m.	3RD RADIO BN vs CAMP SMITH MALS-24 vs HSL-37 MCAF 2 vs IPAC
August 24 6 p.m. 7 p.m. 8 p.m.	VP-4 vs TERROR SQUAD MCAF 1 vs VP-9 MESS HALL vs 3RD MAR REG
August 27 6 p.m. 7 p.m. 8 p.m.	VP-9 vs IPAC MALS-24 vs CAMP SMITH CSSG-3 vs 3RD MAR REG
August 28 6 p.m. 7 p.m. 8 p.m.	MCAF 2 vs HSL-37 3RD RADIO BN vs MESS HALL MCAF 1 vs TERROR SQUAD
August 29 6 p.m. 7 p.m. 8 p.m.	CSSG-3 vs 3RD RADIO BN TERROR SQUAD vs VP-9 MCAF 2 vs CAMP SMITH
August 31 6 p.m. 7 p.m. 8 p.m.	IPAC vs HSL-37 MALS-24 vs MESS HALL VP-4 vs 3RD MAR REG



Be sensitive to children’s eye safety

Press Release

www.preventblindness.org

Each year, thousands of children under five have eye accidents at home, play or in the car. These injuries can damage a child's sight and even cause blindness. These simple steps can help prevent these injuries to your child:

1. Understand the dangers.
2. Find and remove hazards.
3. Watch your child closely.

The most common causes of eye injuries to children include:

- ♦Misuse of toys.
- ♦Falls from beds, against furniture, on stairs, and when playing with toys.



File photo

- ♦Misuse of everyday tools and objects (work and garden tools, knives and forks, pens and pencils).
- ♦Contact with harmful household products (detergents, paints, glues, etc).
- ♦Automobile accidents.

Finding and removing hazards

At Home

Use safety gates at top and bottom of stairs. Pad or cushion sharp corners. Put lock on all cabinets and draws that kids can reach. Keep all sharp or pointed objects out of kid's hands. Put away all hazardous chemicals, including cleaning solutions. Keep your child out of work areas.

At Play

Read all warnings and instructions on toys. Avoid toys with sharp edges or hard points, spikes, and rods. Don't buy toys that fly or shoot. Be aware of items in playgrounds and play areas that are hazards. Make sure your child wears proper eye protection when playing sports.

On the Road

Ensure children are properly secured in baby carriers and child safety seats, and seat and shoulder belts fit well. Children 12 and younger should never ride in the front seat. Store loose items in the trunk or secured on the floor. Loose objects can be dangerous in a crash.

How to Tell if Your Child Has an Eye Injury

- If you notice any of these signs, get medical help right away:
- ♦Obvious pain or trouble seeing.
 - ♦Cut or torn eyelid.
 - ♦One eye does not move as well as the other.
 - ♦One eye sticks out compared to the other.
 - ♦The eye has an unusual pupil size or shape.
 - ♦There is blood in the clear part of the eye.
 - ♦Your child has something in the eye or under the eyelid that can't be easily removed.
- If you suspect that your child has a vision problem, visit an eye doctor for an exam.

For more information, see our Web site at <http://www.preventblindness.org>.



Roanny Estevez instructs Brooke Toner proper technique during an Aikido class, on a wrist manipulation to passively defend against an opponent as Herbert Kondo, instructor, watches with approval Monday at the Semper Fit Gym.



Estevez demonstrates a possible hit during a subduing manuever on Frank Toner.

Aikido:

The kinder, gentler martial art

**Story and Photos by
Pfc. Achilles Tsantarliotis**

Combat Correspondent

Aikido is a relatively new martial art. Founded in 1883 by Morihei Ueshiba, it was created because Ueshiba was dissatisfied with the competitive and destructive elements of other martial arts. Aikido seeks to neutralize a threat using minimal effort by using the attacker's effort against him. If effortless defense and a sense of spirituality sounds enticing, Marine Corps Base Hawaii's community is in luck. Aikido is offered here Monday, Wednesday and Friday at the Semper Fit Gym by retired Marine Herbert Kondo. Kondo is a veteran of the Korean and Vietnam conflicts and has studied Aikido for more than 30 years.

"It is not aggressive," said Kondo, a sixth degree black belt. "You focus on your opponent's center, and that leads to control. Aikido has many simple movements that apply to everyday life, especially for Marines. When you shoot or engage an enemy you keep them centered with your rifle on them. Even if you step aside or move away, you always keep your center on them." Aikido can teach these simple things and more; it will branch off of these simple techniques and begin its endless versatility, said Kondo, who has participated in more than 280 combat missions. "Aikido is instrumental in promoting the circularity of movements," he said. "Everyone is capable of performing these movements. It teaches you to fight smarter

and to cause your opponent to get off balance, use their body weight and avoid the encounter. It's a passive martial art." The class is two hours long and despite the belt rank, everyone trains together. It begins with elaborate stretches, preparing muscles and joints from injury. Kondo then begins with instruction to accompany the newly joined students as well as senior students, overlooking them as they perform techniques. Senior students also assist in monitoring correct form and technique of new students. "Students teaching students is another way of learning, to know a technique you must be able to properly instruct," Kondo said. "The senior students will walk [new students] through the same

path they started on." Newer students said they were excited and eager to continue with their sensei. "I love it," Frank Toner said. "It's different from other martial arts, it's more centered and more passive in nature. It's more versatile, you get to use their power against them...what's better than that?" One of the senior students only needed to tap into her wealth of knowledge once, for self defense at a bar when a guy tried to grab her. "I had been doing Aikido for about two years at the time and felt fairly confident in the techniques," said Roanny Estevez, a six-year Aikido student. "A bunch of my friends from the class went out and this guy tried to get my attention and I was kind of moving away and he tried to grab me



Herber Kondo demonstrates a wrist lock to drop and neutralize opponent Roanny Estevez.

from behind and I just reacted, I grabbed his wrist and kind of manipulated his arm until I heard something pop and I stopped after that. Later I heard him go up to his friends and say 'She hurt me.' One of the guys said Kondo would have been so proud." For more information on Aikido, contact the Semper Fit Gym at 254-7597.



First Aid for eye emergencies

Press Release
www.preventblindness.org

Knowing what to do for an eye emergency can save valuable time and possibly prevent vision loss. Here are some instructions for basic eye injury first aid.

Be Prepared

- ♦Wear eye protection for all hazardous activities and sports at school, home and work.
- ♦Stock a first aid kit with a rigid eye shield and commercial eyewash.
- ♦Don't assume an eye injury is harmless. When in doubt, see a doctor immediately.

Chemical Burns to the Eye

- In all cases of eye contact with chemicals:
- ♦Immediately flush the eye with water or any other drinkable liquid. Hold the eye under a faucet or shower or pour water into the eye

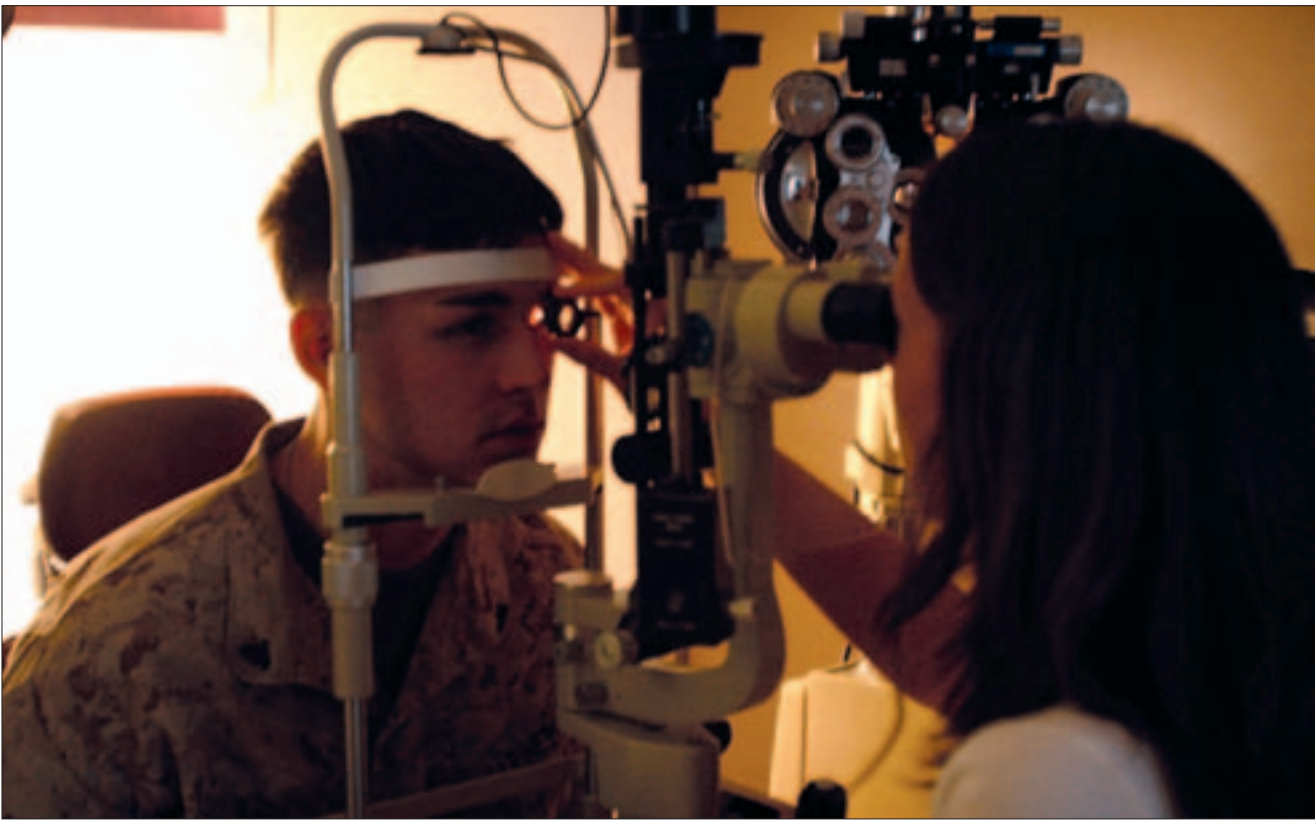
- using a clean container. Keep the eye open and as wide as possible while flushing. Continue flushing for at least 15 minutes.
- ♦Don't use an eyecup.
 - ♦If a contact lens is in the eye, begin flushing over the lens immediately. This may wash away the lens.
 - ♦Don't bandage the eye.
 - ♦Seek immediate medical treatment after flushing.

Specks in the Eye

- ♦Don't rub the eye.
- ♦Try to let tears wash the speck out or use an eyewash.
- ♦Try lifting the upper eyelid outward and down over the lower lid.
- ♦If the speck does not wash out, keep the eye closed, bandage it lightly, and see a doctor.

Blows to the Eye

- ♦Apply a cold compress without putting pressure on the eye. Crushed ice in a plastic bag can be



Cpl. Chadwick deBree

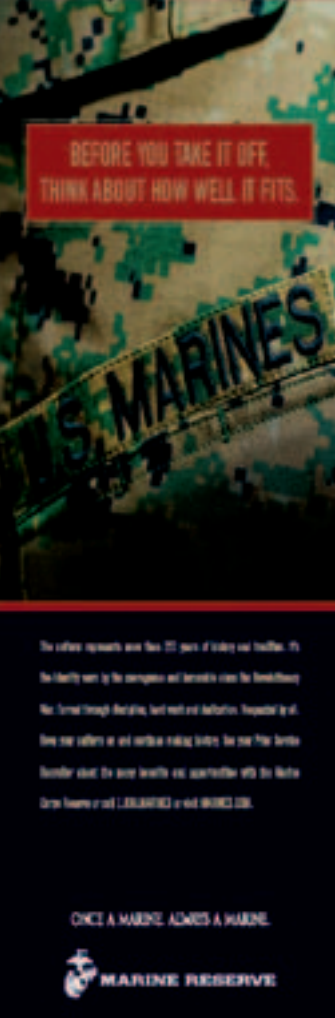
Anne Lakamp, an optometry intern at the Naval Health Clinic here, examines the eyes of Cpl. Jonathan Wentz, antitank assaultman, Weapons Company, 2nd Battalion, 3rd Marine Regiment, to give him a prescription for glasses.

- taped to the forehead to rest gently on the injured eye.
- ♦In cases of pain, reduced vision or discoloration (black eye), seek emergency medical care. Any of these symptoms could mean internal eye damage.

Cuts and Punctures of the Eye or Eyelid

- ♦Don't wash out the eye with water or any other liquid.
- ♦Don't try to remove an object that is stuck in the eye.

- ♦Cover the eye with a rigid shield without applying pressure. The bottom half of a paper cup can be used.
 - ♦See a doctor at once.
- For more information, see our Web site at <http://www.preventblindness.org>.



SERVCO/SAC SUZUKI; 57p4; 78p; Black plus four; 163934; SAC:SUZUKI



AROUND THE CORPS

San Diego Chargers visit Miramar

Cpl. Brandon L. Roach
MCAS Miramar

MARINE CORPS AIR STATION MIRAMAR, Calif. — The San Diego Chargers team and staff came to Marine Corps Air Station Miramar Saturday during a military appreciation event to support service members and their families in the San Diego area.

Phillip Rivers, starting quarterback, LaDainian Tomlinson, all-pro running back, and the rest of the team took to the parade field here to participate in the event, which included a performance by the Chargers’ Girls, a walk-through practice and autograph session.

“This is really a great event,” said Col. Christopher E. O’Connor, the commanding officer of the air station. “I just can’t thank the Chargers’ staff enough for setting this event up.”

Two Marines from the station participated in the practice with the team.

The Marines, Sgt. Paul McHugh, a data specialist with the computer, network and server department and Sgt. Paul Williams, military police officer with Headquarters and Headquarters Squadron, participated in the warm-up and ran plays with the team.

Toward the end of the practice, McHugh filled in as a wide receiver for Rivers while Williams defended. As Rivers received the snap, the Marines raced downfield. Rivers sent the football spiraling down the field and, McHugh outrunning Williams, stretched out and caught the ball in the make-shift goal.

“It was a great feeling to catch a pass from the best quarterback in the league,” McHugh said.

After the practice, the players took approximately 45 minutes to sign autographs and talk to the people who attended the event.

There were about 2,200 service members, family and Department of Defense employees at the event.

“This is great for the Marines and their families,” O’Connor said. “It’s just great and I can’t believe the turnout, it’s truly a great day.”



San Diego Chargers running back LaDainian Thomlinson signs autographs for fans Saturday at Marine Corps Air Station Miramar, Calif., during a military appreciation event.

Lance Cpl. Fredrick Coleman



Pfc. Michael R. Stevens

Phillip Rivers, San Diego Chargers starting quarterback and Nick Hardwick, the starting center stand holding a special Chargers jersey that was presented to the commanding officer of Marine Corps Air Station Miramar, Calif., Saturday. The team was at the station for a military appreciation event.

American Heart Association

Fighting Heart Disease and Stroke

ONE OF THESE CAN CHANGE A THOUSAND LIVES.

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